MARYLAND HEALTH CARE COMMISSION

Preconception

Preconception is the first stage of the pregnancy process. Preconception is defined as the time period when a woman is preparing herself for pregnancy by examining dietary habits, medications, or other risk factors that could affect her or her unborn baby during pregnancy. The Maryland Patient Safety Center's Perinatal Quality Collaborative **website** has preconception tips for women planning to become pregnant.

Trying to conceive

Trying-to-conceive is when a woman is actively trying to get pregnant. Tracking **ovulation** can be a helpful way to know "fertile" days or the days a woman is most likely to conceive. For some women, pregnancy can happen immediately. For others, pregnancy can or take up to one year. If you are having **difficulty trying-to-conceive**, call your doctor to determine next steps.

Pregnancy

Congratulations on your pregnancy! Getting prenatal care early in pregnancy is important to keeping both mother and baby healthy throughout the pregnancy. To schedule a prenatal visit with an **OB/GYNs and certified midwife** near you, click **here**, enter your zip code, and type the word "pregnant." You can also contact your insurance plan to find a provider.

> Having a baby in the time of **COVID**? View these resources to get more information and answers to frequently asked questions.
>
> | **American College of Obstetrics and Gynecology** | **American Academy of Pediatrics** |

☑ Birth Plans

Birth plans are an effective way for mothers to communicate their desires and expectations of the labor and delivery process to their providers and birthing facility (e.g. medication preference, intent to breastfeed, intent to use a doula…etc.). Starting this conversation early with your provider can reduce stress and worry during the birthing process.

☑ Baby Needs

It is important to have a pediatrician before delivery. A pediatrician is the primary doctor for children and is vital to help parents keep their child healthy as he or she grows. To search for a **pediatrician** near you, visit this **link**, enter your zip code and type the word "pediatrician" to see a list of providers. You can also contact your insurance plan for a list of providers.

In addition to a pediatrician, most hospitals require that parents have a working car seat before discharge. Check out these **Car Seat Resources** for more information about Maryland laws and car seat FAQs.

☑ Maternity Services

The checklist below offers some basic maternity care planning and delivery services at Maryland hospitals. To view individual hospital's websites for more detailed information, click the facility's name. The **Maryland Quality Reporting** website also has information detailing how Maryland birthing hospitals compare on maternity services quality metrics.

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Maternity Care Guide

	Delivery Volume* (vaginal and C-section)	Offers Facility Tours	Breastfeeding Support	Offers Birthing Classes	Baby Friendly Designation	Couplet Care	NICU
Adventist HealthCare Shady Grove Medical Center	4,412	✓	✓	✓		✓	✓
Adventist HealthCare White Oak Medical Center	2,283	✓	✓	✓		✓	
Anne Arundel Medical Center	5,085	✓	✓	✓		✓	✓
Calvert Memorial Hospital	572	✓	✓	✓	✓	✓	
Carroll Hospital Center	1,020	✓	✓	✓		✓	
Frederick Health Hospital	2,448	✓	✓	✓		✓	✓
Garrett Regional Medical Center	255					✓	
Greater Baltimore Medical Center	3,855	✓	✓	✓		✓	✓
Holy Cross Germantown Hospital	921	✓	✓	✓		✓	
Holy Cross Hospital	9,262	✓	✓	✓		✓	✓
Howard County General Hospital	2,923	✓	✓	✓	✓	✓	✓
Johns Hopkins Bayview Medical Center	1,217	✓	✓	✓		✓	✓
Johns Hopkins Hospital	2,322	✓	✓	✓	✓	✓	✓
MedStar Franklin Square Medical Center	2,338	✓	✓	✓	✓	✓	✓
MedStar Harbor Hospital	1,300		✓	✓	✓		
MedStar Montgomery Medical Center	507	✓	✓	✓		✓	
MedStar Southern Maryland Hospital Center	1,163	✓	✓	✓		✓	
MedStar St. Mary's	1,066	✓	✓	✓	✓	✓	
Mercy Medical Center	2,652	✓	✓	✓		✓	✓
Meritus Medical Center	1,754	✓	✓	✓		✓	
Sinai Hospital	1,802	✓	✓	✓		✓	✓
St. Agnes Hospital	2,108	✓	✓	✓	✓	✓	✓
TidalHealth Peninsula Regional	1,874	✓	✓	✓		✓	✓
UPMC Western Maryland	898		✓	✓			
Union Hospital of Cecil County	577		✓	✓		✓	
UMD Baltimore Washington Medical Center	1,094	✓	✓	✓		✓	
UMD Charles Regional Medical Center	861	✓					
University of Maryland Medical Center	1,591	✓	✓	✓	✓	✓	✓
UMD Prince George's Hospital Center	1,238		✓	✓			✓
UMD Shore Health Medical Center at Easton	988	✓	✓	✓		✓	
UMD St. Joseph Medical Center	1,998	✓	✓	✓		✓	✓
UMD Upper Chesapeake Medical Center	1,188	✓	✓	✓	✓	✓	

* Note: Delivery volume is based on calendar year 2018 data (January 2018- December 2018)

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Postpartum

Postpartum is the final stage of pregnancy process. Postpartum is defined as the time period after the mother gives birth to or delivers a baby and can last up to six months after delivery.

☑ Breastfeeding

Breastfeeding is beneficial to both mom and baby. Breastfeeding reduces the baby's risk of disease like asthma, ear infections, SIDS, obesity and more.[1] If you are breastfeeding and need additional support, you can contact the hospital where you gave birth to see if they offer lactation support. You can also go to the International Lactation Consultant Association **website** for more information and to search for a lactation consultant near you.

☑ Safe Sleep

It is important to practice safe sleep after delivery, especially once you arrive home from the hospital. Safe sleep practices reduce sleep-related infant deaths like sudden infant death syndrome (SIDS) and accidental suffocation. Here are 4 things to remember for safe sleep:

1. Baby should sleep on his or her back at all times.
2. Make sure baby sleeps on a firm mattress in the crib.
3. Remove all soft items (e.g. blankets, pillows, bumpers, and toys) from the baby's sleep area.
4. Baby can share your room, but <u>not</u> your bed![2]

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[1] Why It Matters. (2019, November 04). Retrieved October 13, 2020, from **https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html**

[2] Safe Sleep for Babies. (2018, January 09). Retrieved October 13, 2020, from **https://www.cdc.gov/vitalsigns/safesleep/**

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☑ Vaccines and Immunization

Vaccinations are important to keep your baby healthy. To get more information about childhood vaccinations and immunization schedule, visit the CDC Immunization Information **website**.

Postpartum Complications

Sometimes women experience complications after delivery such as severe headache, dizziness or fainting, excessive tiredness, shortness of breath, nausea or vomiting, swelling, belly pain, fever and changes in vision.[3] Mothers who experience any of these symptoms up to a year after delivery **should seek medical help immediately**. The CDC's *Hear Her* initiative explains the urgency of these postpartum symptoms and provides resources for pregnant women and their families.

☑ Postpartum Depression

It is normal to experience different emotions after having a baby. Sometimes new mothers have more intense feelings of depression. This is called **postpartum depression**. Postpartum depression affects women differently but may include feelings of sadness, emptiness, anger, or anxiety. Symptoms can disrupt everyday life and may last for weeks or months. If you think you have postpartum depression, contact your OB/GYN. You can also visit the CDC's **website**.

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[3] Pregnant and Postpartum Women. (2020, July 28). Retrieved October 13, 2020, from **https://www.cdc.gov/hearher/pregnant-postpartum-women/index.html**